



Pork Chop Pan Roast

with Root Veggies & Brown Sugar Glaze



30-40min



2 Servings

Winner, winner–winter dinner. Hearty seasonal vegetables roast in the oven, while the pork chops get a hard sear on one side, creating a savory, crusty exterior, before finishing in the oven alongside the veggies. But the sauce is where the magic happens, made in the same skillet as the pork, brown sugar combines with mustard, vinegar, and pan drippings to create a sweet and tangy syrupy sauce...

What we send

- carrots
- whole-grain mustard ¹⁷
- parsnips
- boneless pork chops
- Brussels sprouts
- red onion
- garlic
- turkey broth concentrate
- dark brown sugar

What you need

- apple cider vinegar
- kosher salt & ground pepper
- olive oil

Tools

- skillet
- rimmed baking sheet

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 33g, Carbs 62g, Protein 41g



1. Prep vegetables

Preheat oven to 450°F with a rack in the center. Peel **carrots** and **parsnips**, trim ends, then cut in half crosswise, and cut into ¼-inch wedges. Trim root end from **Brussels sprouts** then cut in half (or quarter if large). Halve **onion**, then peel and cut into ½-inch slices.



2. Roast vegetables

On a rimmed baking sheet, toss **vegetables** with **1 ½ tablespoons oil**, **½ teaspoon salt**, and **a few grinds pepper**. Roast vegetables on center oven rack until tender and golden, 20-25 minutes.



3. Prep & sear pork chops

Pat **pork chops** dry, and pound to an even thickness, if necessary, then season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium skillet until very hot. Add pork chops, and sear on one side until deep golden brown, 3-4 minutes. Flip and cook for another minute. Transfer to a plate and set aside until step 6. Reserve skillet for step 5.



4. Prep sauce

Peel and finely chop **1 large garlic clove**. In a liquid measuring cup or small bowl, whisk together **⅔ cup water**, **turkey broth concentrate**, **brown sugar**, **mustard**, and **2 tablespoons vinegar**.



5. Cook glaze

Heat **1 teaspoon oil** in reserved skillet over medium-high. Add **garlic** to skillet and cook until fragrant, about 1 minute. Stir broth mixture, and slowly pour into skillet. Bring to a simmer, and cook, stirring occasionally, until glaze is thickened and reduced to ¼ cup, about 7 minutes. Season to taste with **salt** and **pepper**.



6. Finish & serve

Meanwhile, add **pork chops** in between veggies on baking sheet, seared side-up. Return to the center oven rack, and roast until pork chops are cooked through, about 3 minutes. Serve **pork chops** with **roasted veggies** and drizzle with **glaze**. Enjoy!